



US ARMY GARRISON Fort Bliss TX.



# Safety Bulletin

Safety Bulletin # 15-17



## ATTENTION BEE Stings Can Be Fatal



**BACKGROUND:** Last year, unfortunately, members of the civilian work force died due to allergic reactions to BEE Stings. Bee stings can occur at just about any time of the year depending on where you are.

**STING PREVENTION:** Persons, especially allergic to stings, should practice certain simple precautions to avoid being stung.

Be observant of the area around you. Stinging often occurs when nesting areas of bees are disturbed.

If you are going into an area where bee activity is known- -Do not use perfume, cologne, hair spray, cosmetics or scented soap; Avoid wearing bright colored or patterned clothing; Wear a hat, long sleeves and pants and closed shoes (not sandals).

When eating outdoors, keep food covered until eaten, especially ripe fruit and soft drinks.

When a bee flies near you, slowly raise your arms to protect your face and stand still or move slowly

away to escape. Never move rapidly which provokes attack.

Never strike or swing at a bee against your body since it may be trapped causing it to sting. Gently

and slowly brush it away with a material such as a piece of paper.

Before destroying the nest, use commercially available insect control aerosols to knockdown or

kill bees. Do not stand directly under an overhead nest when spraying the insect control aerosol.

Hypersensitive person should never be alone when involved outdoors activities such as removing vegetation/mowing, hiking, boating, swimming, golfing, or fishing since help would likely be needed if stung.

### **STING TREATMENT:**

Remove the stinger as quickly as possible. Use either tweezers or flat object such as a credit card to

pull or scrape out. A bee's stinger has a venom sack attached to a pump. The venom continuously

pumps into the body for 20 minutes after stung. It can also release a hormone into the air that will

make other bees in the area more aggressive and apt to sting.

If you're going to be in an area where disturbing a nest is likely and are allergic to stings, carry an epinephrine in either a normal syringe (sting kit) or an auto-injector (Epi-Pen or Epi-Pen Jr. anaphylaxis kits).

An Epi-Pen kit can be issued to you from the Local Health Clinics. Epinephrine is obtainable only by prescription from a physician.



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